

GOBIND MARG

THE MONTHLY BULLETIN OF GURDWARA SRI GURU SINGH SABHA – HOUNSLOW

JULY 2021 – VOL XXVIII ISSUE 7



Bhai Mani Singh was a devout Sikh, scholar, and leader who occupies a most esteemed position in Sikh history. He was in the service of Guru Har Rai, Guru Harkrishan, Guru Tegh Bahadur and Guru Gobind Singh, of whom he was a childhood companion and later a true saint-soldier bodyguard and Diwan. In 1699, on Vaisakhi day he took Amrit along with three of his brothers and five of his sons, all initiated as Khalsa.

As a theologian he worked with Guru Gobind Singh to scribe Guru Granth Sahib. He spent a considerable part of his life as head Granthi at Amritsar, delivering Gurbani katha to the Sangat. Hailing from a true family of Sikh warriors, 11 brothers of Bhai Mani Singh and 7 out of 10 children attained martyrdom. Bhai Mani Singh laid down his life to uphold the dignity of the Sikh religion and nation. The inhuman cruelty of his martyrdom, in which he was dismembered joint by joint, is remembered as part of the daily Sikh Ardas prayer.



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of The True Guru

**Monday - Saturday
(Excluding Tuesdays)**

AM

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

Tuesdays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Please Note

During the restricted services of the Gurdwara (in compliance with the government guidelines) these services are suspended.

The current Gurdwara programme appears on page 5.



ੴ ਸਤਿਗੁਰ ਪਰਸਾਦਿ ॥



GURDWARA SRI GURU SINGH SABHA

Alice Way, Hanworth Road, Hounslow, Middlesex, TW3 3UD

Enquiries: **020 8577 2793** Email: khalsa@sgss.org Website: www.sgss.org

Registered No. 75990 as a place of worship under the Worship Registration Act 1855

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

July 2021

Important Days	Event	Nanakshahi Calendar Days	
		July ਹਾੜ / ਸਾਵਣ	August ਸਾਵਣ / ਭਾਦੋਂ
Sangrand (ਸੰਗਰਾਂਦ)	New Month Starts	16	16
Massia (ਮੱਸਿਆ)	No Moon (Dark Night)	9/10	22
Puranmashi (ਪੂਰਨਮਾਸ਼ੀ)	Full Moon	24	22
Gurpurb, Jyoti Jot, Shahidi & Guruship			
Guru Hargobind Sahib ji	Gurpurb	5	
Guru Harkrishan ji	Gurpurb	23	
Sri Guru Granth Sahib ji	Completion (ਸੰਪੂਰਨਤਾ)		30
Historical Dates & Events			
Bhai Mani Singh ji	Shahidi	9	
Bhai Taru Singh	Shahidi	16	
S: Udham Singh ji	Shahidi	31	
Baba Isher Singh ji Rarha Sahib	Barsi		26
Baba Nand Singh ji Kaleran Walé	Barsi		28

Dear Sangat Jee – WaheGuru Ji Ka Khalsa; WaheGuru Ji Ki Fateh

Restoring Normality With Step 4 of the Government's roadmap to restore normality on 19 July, we have been cautiously expanding our services to the sangat, including open langar, library, school, seating to 90 in Darbar Halls with social distancing and family bubbles in place.

Covid Testing and Vaccination at the Gurdwara During June, we continued supporting the NHS with their 'Rapid Covid Testing' and the 'C19 Vaccination' Drop-In clinics every Thursday. We took the initiative to ensure both Pfizer & AstraZeneca vaccines (Dose I & II) were administered to any adult over 18 from Day 1, irrespective of 'documentation availability'. The response was beyond expectation, over 5,000 vaccines administered.

The outstanding operation was recognised early by the NHS and LBH when their representatives came to the Gurdwara on 3rd June to Thank all the clinical and volunteering staff of their input under the guidance of Dr Gurcharan S Salotera. This was also an opportunity for the Gurdwara to present a cheque of £4,000 collected during the pandemic last year for the NHS. The cheque was presented to the Medical Director of ChelWest NHS Trust Dr Roger Chinn and Non Exec Director Mr Vijay Mehta, in the presence of LBH Public Health Director Ms Kelly O'Neill.

During the month of July, we will witness:

- ❖ Gurpurb Guru Hargobind Sahib Ji Monday, 5th July
- ❖ Gurpurb Guru Harkishan Ji Friday, 23rd July

There will sadly also be three Shahidi days during July, as detailed on page 3.

Increasing the Gurdwara Footprint With reference to the adjoining site, The Wings Academy held a consultation at the Gurdwara on 11th June - www.wingsacademy.org.uk/consultation

The developers, A2Dominion are expected to hold a consultation soon. However, the feedback obtained from the sangat who attended and the general public is a strong reluctance to the development of 140 residential units. As such, it is understood that a local residential group will be raising a petition to oppose the development, as in its current state of a SEN school with 140 residential units. We will attempt to update all via the Gurdwara Noticeboards and the social media platforms.

The Gurdwara's elections for the Executive Committee were due in May 2020; however, due to the C19 pandemic and along with most institutions, all elections were withheld under the guidance of the Charities Commission until practical. It has now proposed that the Gurdwara General elections to be held at the earliest practical opportunity.

Bookings: To enable us to continue supporting the sangat whilst remaining compliant with the Government Guidelines, we are happy to discuss your needs. During June, services performed were: Weddings 13, Sukhmani Sahib Path/Kirtan 12, Sehaj Path 8, Funerals 2.

Opening Times: The Gurdwara will remain open daily, operating within the Government guidelines between 7:00am and 8:00pm, as per programme on page 5.

Matrimonial Office: Open Mon-Fri 10:00am-12:00 pm, Sat-Sun 10:00am-1:00pm
Closed Bank Holidays. Contactable via email marriages@sgss.org

Main Office: 10:00am-5:00pm Daily

Show Your Gratitude: Please donate to the Gurdwara to help run the Sangat services:

By Cheque: Payable to Sri Guru Singh Sabha Hounslow and posted/delivered to
Gurdwara Sri Guru Singh Sabha, Alice Way, Hounslow, TW3 3UD

Online: Donations can be made online at www.sgss.org/donate



PROGRAMME from 17May 2021

Mon-Sat - Exc Tue - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:45	Katha
11:30	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Tuesday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
10:00	Kirtan
10:30	Katha
11:30	Sukhmani Sahib Paath
12:15	Ladies Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

Sunday - Early

4:00	Parkash
5:00	Nitnem
6:00	Simran
6:30	Asa Di Var
7:45	Ardaas
8:00	*AP SPB SS
9:00	Kirtan
9:45	Ardaas
10:00	Youth Kirtan
11:00	Kirtan
12:00	Katha
1:00	Kirtan
2:00	Ardaas
Evening	
6:00	Rehraas
6:30	Kirtan
7:00	Katha
7:30	Ardaas
8:00	Sukhasan

***AP SPB SS** – Akhand Path or Sehaj Paath Bhog of Sukhmani Sahib

Please ensure the Government & Gurdwara Guidelines are followed

Your chance to reach Waheguru..

This is the last hymn of this part of Rehras Sahib, preceding the Benti Chaupayi. The hymn is composed by the fifth Nanak, Guru Arjan Dev ji, and is in Rag Asa. Guru Sahib imparts the important message that this human birth that Waheguru has blessed us with, must be utilized as a golden opportunity to attain the grace of Waheguru.

The hymn appears once again on page 378 of Sri Guru Granth Sahib ji, also under Rag Asa.

	ਆਸਾ ਮਹਲਾ ੫ ॥	Glossary	Meaning in Context
1	ਭਈ ਪਰਾਪਤਿ ਮਾਨੁਖ ਦੇਹੁਰੀਆ ॥	ਭਈ ਪਰਾਪਤਿ, ਦੇਹੁਰੀਆ	Given to you, Robust body
2	ਗੋਬਿੰਦ ਮਿਲਣ ਕੀ ਇਹ ਤੇਰੀ ਬਰੀਆ ॥	ਤੇਰੀ ਬਰੀਆ	Your turn (to meet Waheguru)
3	ਅਵਰਿ ਕਾਜ ਤੇਰੈ ਕਿਤੈ ਨ ਕਾਮ ॥	ਅਵਰਿ ਕਾਜ	All other chores
4	ਮਿਲੁ ਸਾਧਸੰਗਤਿ ਭਜੁ ਕੇਵਲ ਨਾਮ ॥੧॥	ਭਜੁ	Remember (only Naam)
5	ਸਰੰਜਾਮਿ ਲਾਗੁ ਭਵਜਲ ਤਰਨ ਕੈ ॥	ਸਰੰਜਾਮਿ, ਭਵਜਲ	Effort for, World-ocean
6	ਜਨਮੁ ਬ੍ਰਿਥਾ ਜਾਤ ਰੰਗਿ ਮਾਇਆ ਕੈ ॥੧॥ ਰਹਾਉ ॥	ਬ੍ਰਿਥਾ, ਜਾਤ, ਰੰਗਿ	Wasted, Ending, Fondness of
7	ਜਪੁ ਤਪੁ ਸੰਜਮੁ ਧਰਮੁ ਨ ਕਮਾਇਆ ॥	ਜਪੁ, ਤਪੁ, ਸੰਜਮੁ	Meditate, Penance, Continence
8	ਸੇਵਾ ਸਾਧ ਨ ਜਾਨਿਆ ਹਰਿ ਰਾਇਆ ॥	ਸੇਵਾ ਸਾਧ, ਹਰਿ ਰਾਇਆ	Serve the holy, Accept the Lord
9	ਕਹੁ ਨਾਨਕ ਹਮ ਨੀਚ ਕਰੰਮਾ ॥	ਨੀਚ ਕਰੰਮਾ	Of lowly actions
10	ਸਰਣਿ ਪਰੇ ਕੀ ਰਾਖਹੁ ਸਰਮਾ ॥੨॥੪॥	ਸਰਣਿ, ਸਰਮਾ	(In your) sanctuary, Honour

ਪੰਜਾਬੀ ਅਰਥ

Lines 1-4: ਹੇ ਭਾਈ! ਤੈਨੂੰ ਸੋਹਣਾ ਮਨੁੱਖਾ ਸਰੀਰ ਮਿਲਿਆ ਹੈ। ਪਰਮਾਤਮਾ ਨੂੰ ਮਿਲਣ ਦਾ ਤੇਰੇ ਲਈ ਇਹੀ ਮੌਕਾ ਹੈ। ਹੋਰ ਸਾਰੇ ਕੰਮ ਤੇਰੇ ਆਪਣੇ ਕਿਸੇ ਭੀ ਅਰਥ ਨਹੀਂ। ਇਸ ਵਾਸਤੇ ਸਾਧ ਸੰਗਤਿ ਵਿਚ ਭੀ ਮਿਲ ਬੈਠਿਆ ਕਰ ਤੇ ਸਿਰਫ਼ ਪਰਮਾਤਮਾ ਦਾ ਨਾਮ ਸਿਮਰਿਆ ਕਰ।

Lines 5-6: ਸੰਸਾਰ-ਸਮੁੰਦਰ ਤੋਂ ਪਾਰ ਲੰਘਣ ਦੇ ਆਹਰੇ ਲੱਗ। ਨਿਰੇ ਮਾਇਆ ਦੇ ਪਿਆਰ ਵਿਚ ਮਨੁੱਖਾ ਜਨਮ ਵਿਅਰਥ ਜਾ ਰਿਹਾ ਹੈ।

Lines 7-10: ਤੂੰ ਪ੍ਰਭੂ ਦਾ ਸਿਮਰਨ ਨਹੀਂ ਕਰਦਾ, ਉਸਨੂੰ ਮਿਲਣ ਲਈ ਸੇਵਾ ਕਰਨ ਦਾ ਉਤਸ਼ਾਹ ਨਹੀਂ ਹੈ, ਮਨ ਨੂੰ ਵਿਕਾਰਾਂ ਵਲੋਂ ਰੋਕਣ ਦਾ ਤੂੰ ਜਤਨ ਨਹੀਂ ਕਰਦਾ। ਨਾਹ ਤੂੰ ਗੁਰੂ ਦੀ ਸੇਵਾ ਕੀਤੀ, ਨਾਹ ਤੂੰ ਮਾਲਕ ਪ੍ਰਭੂ ਦਾ ਨਾਮ ਸਿਮਰਨ ਕੀਤਾ। ਹੇ ਨਾਨਕ! ਪ੍ਰਭੂ ਦੇ ਦਰ ਤੇ ਅਰਦਾਸ ਕਰ, ਤੇ ਆਖ – ਅਸੀਂ ਜੀਵ ਮੰਦ-ਕਰਮੀ ਹਾਂ, ਸਰਨ ਪਿਆਂ ਦੀ ਲਾਜ਼ ਰੱਖ।

English Rendition

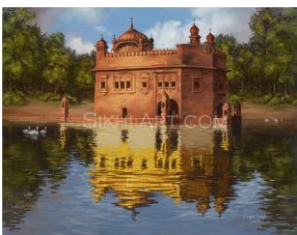
Lines 1-4: O man! This human body given to you, presents your golden opportunity to meet the Lord of Creation, no other works will work for you; join the company of the Holy Sangat and meditate on Waheguru's Naam.

Lines 5-6: Prepare yourself to cross over this dreadful world-ocean. You are squandering this life without purpose, distracted by the love of Maya.

Lines 7-10: You have not engaged in meditation, penance, self-restraint or righteous living; not served the Holy nor acknowledged the Lord, Waheguru. Says Nanak, my deeds are mean. O Lord, I seek your sanctuary; please preserve my honour.

ਭਾਈ ਮਨੀ ਸਿੰਘ ਜੀ ਇਕ ਅਜਿਹੇ ਮਹਾਨ ਸਿੱਖ ਸ਼ਹੀਦ ਹੋਏ ਹਨ ਜਿਨ੍ਹਾਂ ਨੂੰ ਸ਼੍ਰੀਰ ਦਾ ਪੇਟਾ ਪੇਟਾ ਕਟ ਕੇ ਲਾਹੌਰ ਦੇ ਨਖਾਸ ਚੌਂਕ ਵਿਖੇ ਸ਼ਹੀਦ ਕੀਤਾ ਗਿਆ। ਇਹਨਾਂ ਦਾ ਜਨਮ ਪਿੰਡ ਅਲੀਪੁਰ, ਜਿਹਲਮ ਦੇ ਇਲਾਕੇ (ਪਾਕਿਸਤਾਨ) ਵਿਚ ੧੦ ਮਾਰਚ ੧੬੪੪ ਨੂੰ ਹੋਇਆ। ਛੋਟੀ ਉਮਰ ਵਿਚ ਆਪਣੇ ਪਿਤਾ ਜੀ ਨਾਲ ਗੁਰੂ ਹਰਿ ਰਾਇ ਸਾਹਿਬ ਦੇ ਦਰਸ਼ਨ ਕਰਨ ਕੀਰਤ ਪੁਰ ਗਏ ਅਤੇ ਓਥੇ ਹੀ ਰਹਿ ਕੇ ਗੁਰੂ ਘਰ ਦੀ ਸੇਵਾ ਕਰਨ ਲਗੇ। ੧੫ ਸਾਲ ਦੀ ਉਮਰ ਵਿਚ ਭਾਈ ਲਖੀ ਰਾਏ ਦੀ ਪੁਤਰੀ ਬੀਬੀ ਸੀਤੋ ਨਾਲ ਇਹਨਾਂ ਦੀ ਸ਼ਾਦੀ ਹੋ ਗਈ। ਨਾਦਾਉਣ ਦੀ ਜੰਗ ਤੋਂ ਪਿੱਛੋਂ ੧੬੯੦ ਵਿਚ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਨੇ ਫੌਜ ਦੇ ਦੀਵਾਨ ਦੇ ਬੰਦੋਬਸਤ ਦੀ ਜ਼ੁੰਮੇਦਾਰੀ ਇਹਨਾਂ ਨੂੰ ਸੌਂਪ ਦਿਤੀ। ਜਦੋਂ ਗੁਰੂ ਸਾਹਿਬ ਨੇ ੨੦/੨੧ ਦਸੰਬਰ ੧੭੦੪ ਵਿਚ ਅਨੰਦ ਪੁਰ ਸਾਹਿਬ ਛੱਡਿਆ ਤੇ ਗੁਰੂ ਪਰਵਾਰ ਨੂੰ ਦਿਲੀ ਲੈ ਜਾਣ ਦੀ ਸੇਵਾ ਇਹਨਾਂ ਨੂੰ ਦਿਤੀ ਗਈ।

ਮਈ ੧੭੦੫ ਵਿਚ ਗੁਰੂ ਮਹਾਰਾਜ ਨੇ ਇਹਨਾਂ ਨੂੰ ਤਲਵੰਡੀ ਸਾਬੋ ਬੁਲਾ ਲਿਆ ਤੇ ਇਹਨਾਂ ਪਾਸੇ ਪਵਿਤਰ ਗ੍ਰੰਥ ਸਾਹਿਬ ਦੀ ਲਿਖਤ ਕਰਵਾਈ ਅਤੇ ਇਸ ਦੇ ਕੁਝ ਉਤਾਰੇ ਭੀ ਕਰਵਾਏ। ਗੁਰੂ ਘਰ ਦੇ ਬਹੁਤ ਨੇੜ ਵਾਲੇ ਅਤੇ ਵਿਸ਼ਵਾਸ ਪਾਤਰ ਹੋਣ ਕਰਕੇ ੧੭੦੮ ਵਿਚ ਮਾਤਾ ਸੁੰਦਰੀ ਜੀ ਨੇ ਇਹਨਾਂ ਨੂੰ ਦਿੱਲੀ ਤੋਂ ਅੰਮ੍ਰਿਤਸਰ, ਹਰਿ ਮੰਦਰ ਸਾਹਿਬ ਦੀ ਸੇਵਾ ਵਾਸਤੇ ਭੇਜ ਦਿਤਾ।



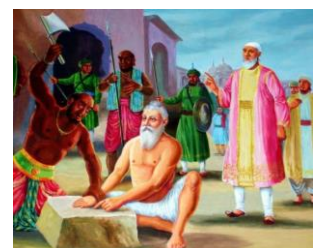
ਜ਼ਕਰੀਆ ਖਾਨ, ਲਾਹੌਰ ਦੇ ਗਵਰਨਰ ਨੇ ੧੭੩੫ ਵਿੱਚ ਸਾਰੇ ਪਿੰਡਾਂ ਦੇ ਚੌਧਰੀਆਂ ਨੇ ਵੱਡੇ ਜ਼ਮੀਂਦਾਰਾਂ ਨੂੰ ਹੁਕਮ-ਨਾਮੇ ਭੇਜੇ ਕਿ ਉਹ ਆਪਣੇ ਆਪਣੇ ਇਲਾਕੇ ਦੇ ਸਿੱਖਾਂ ਨੂੰ ਮਾਰ ਕੇ ਸਿੱਖਾਂ ਦਾ ਖਾਤਮਾ ਕਰ ਦੇਣ। ਉਸ ਨੇ ਦੀਵਾਨ ਲਖਪਤ ਰਾਏ ਨੂੰ ਜੋ ਸਿੰਘਾਂ ਦਾ ਵੈਰੀ ਸੀ, ਅੰਮ੍ਰਿਤਸਰ ਦਾ ਹਾਕਮ ਬਣਾ ਦਿਤਾ ਤੇ ਉਸ ਦੇ ਨਾਲ ਕਾਜ਼ੀ ਅਬਦੁਲ ਰਜ਼ਾਕ ਨੂੰ ਪੁਲਿਸ ਦਾ ਵੱਡਾ ਅਫਸਰ ਬਣਾ ਦਿਤਾ। ਇਕ ਦਿਨ ਗਵਰਨਰ ਨੇ ਉਹਨਾਂ ਨੂੰ ਪੁੱਛਿਆ ਕਿ "ਕੀ ਕਾਰਨ ਹੈ ਕਿ ਭਾਵੇਂ ਅਸੀਂ ਬੇਹੱਦ ਸਿੱਖਾਂ ਨੂੰ ਸਾਰੇ ਹਾਂ ਪਰ ਇਹ ਫਿਰ ਭੀ ਹੋਰ ਪੈਦਾ ਹੋ ਜਾਂਦੇ ਹਨ?" ਕਾਜ਼ੀ ਨੇ ਦਸਿਆ

ਕਿ ਇਹਨਾਂ ਦੇ ਗੁਰੂ ਨੇ ਹਰਿ ਮੰਦਰ ਸਾਹਿਬ ਦੇ ਸਰੋਵਰ ਵਿਚ ਅੰਮ੍ਰਿਤ ਪਾਇਆ ਹੋਇਆ ਹੈ ਅਤੇ ਜੋ ਉਸ ਵਿਚ ਇਸ਼ਨਾਨ ਕਰਦਾ ਹੈ, ਅਮਰ ਹੋ ਜਾਂਦਾ ਹੈ। ਇਹ ਸੁਣ ਕੇ ਗਵਰਨਰ ਨੇ ਸਰੋਵਰ ਨੂੰ ਰੇਤ ਨਾਲ ਪੂਰਨ ਦੇ ਆਦੇਸ਼ ਦੇ ਦਿਤੇ ਅਤੇ ਭਾਈ ਮਨੀ ਸਿੰਘ ਨੂੰ ਬਾਹਰ ਕੱਢ ਦਿਤਾ। ਭਾਈ ਸਾਹਿਬ ਇਥੋਂ ਬਾਹਰ ਹੋ ਗਏ ਤੇ ਸੁਲਤਾਨਵੰਡ ਰਹਿਣ ਲੱਗ ਪਏ।

ਇਕ ਦਿਨ ਕਾਜ਼ੀ ਅਬਦੁਲ ਰਜ਼ਾਕ ਆ ਕੇ ਭਾਈ ਸਾਹਿਬ ਨੂੰ ਕਿਹਨ ਲਗਾ। ਮੇਰੇ ਬਚੇ ਬੀਮਾਰ ਹੋ ਗਏ ਹਨ। ਕਿਸੇ ਹਕੀਮ ਜਾਂ ਡਾਕਟਰ ਦੀ ਦਵਾਈ ਦਾ ਕੋਈ ਅਸਰ ਨਹੀਂ ਹੁੰਦਾ। ਬੱਚੇ ਰਾਤ ਨੂੰ ਡਰ ਡਰ ਕੇ ਉਠਦੇ ਹਨ। ਉਹਨਾਂ ਨੂੰ ਡਰਾਉਣੇ ਸੁਫਨੇ ਆਉਂਦੇ ਹਨ। ਭਾਈ ਮਨੀ ਸਿੰਘ ਉਸ ਨਾਲ ਉਸ ਦੇ ਘਰ ਗਏ ਅਤੇ ਬੱਚਿਆਂ ਉਪਰ ਸ਼੍ਰੋਵਰ ਦੇ ਪਵਿਤਰ ਜਲ ਦਾ ਛਿੱਟਾ ਦਿਤਾ ਤੇ ਕਿਹਾ, "ਬੱਚਿਓ ਰਾਤ ਨੂੰ ਡਰੋ ਨਹੀਂ"। ਵਾਹਿਗੁਰੂ ਦੀ ਕਿਰਪਾ ਦੁਆਰਾ ਬੱਚਿਆਂ ਨੂੰ ਡਰਾਉਣੇ ਸੁਫਨੇ ਆਉਣੇ ਬੰਦ ਹੋ ਗਏ। ਕਾਜ਼ੀ ਅਬਦੁਲ ਰਜ਼ਾਕ ਨੇ ਸਰੋਵਰ ਨੂੰ ਪੂਰਨ ਦਾ ਕੰਮ ਬੰਦ ਕਰ ਦਿਤਾ।

ਕਾਜ਼ੀ ਦੇ ਰਾਹੀਂ ਭਾਈ ਮਨੀ ਸਿੰਘ ਨੇ ਗਵਰਨਰ ਪਾਸੋਂ ਪੰਜ ਹਜ਼ਾਰ ਰੁਪਏ ਦੇਣੇ ਕਰਕੇ ਆਗਿਆ ਲਈ ਕਿ ੧੭੩੭ ਦੀਵਾਲੀ ਦੇ ਅਵਸਰ ਤੇ ੧੦ ਦੀਨਾ ਵਾਸਤੇ ਸਿੱਖਾਂ ਨੂੰ ਹਰਿ ਮੰਦਰ ਸਾਹਿਬ ਆਉਣ ਦੀ ਖੁਲ ਹੋਵੇ ਅਤੇ ਨਾਲ ਹੀ ਸਿੱਖਾਂ ਨੂੰ ਚਿੱਠੀਆਂ ਲਿਖ ਦਿਤੀਆਂ। ਗਵਰਨਰ ਜ਼ਕਰੀਆ ਖਾਂ ਅਤੇ ਦੀਵਾਨ ਲੱਖਪਤ ਰਾਏ ਨੇ ਗੁਪਤ ਫੈਸਲਾ ਕਰ ਲਿਆ ਕਿ ਜੇ ਭੀ ਸਿੱਖ ਹਰਿ ਮੰਦਰ ਦੀ ਯਾਤਰਾ ਤੇ ਆਉਣ, ਉਹਨਾਂ ਨੂੰ ਮਾਰ ਦਿਤਾ ਜਾਵੇ। ਇਸ ਗੁਪਤ ਫੈਸਲੇ ਦਾ ਭਾਈ ਸਾਹਿਬ ਨੂੰ ਪਤਾ ਲੱਗ ਗਿਆ ਤੇ ਉਹਨਾਂ ਨੇ ਸਨੇਹੇ ਭੇਜ ਕੇ ਦੀਵਾਲੀ ਸਮੇਂ ਹਰਿਮੰਦਰ ਦੀ ਯਾਤ੍ਰਾ ਕਰਨ ਤੋਂ ਮਨਾਂ ਕਰ ਦਿੱਤਾ। ਸੋ ਮੇਲਾ ਨਾ ਲੱਗਾ ਅਤੇ ਕੋਈ ਭੀ ਨਾ ਆਇਆ।

ਗਵਰਨਰ ਨੇ ਭਾਈ ਮਨੀ ਸਿੰਘ ਨੂੰ ਲਾਹੌਰ ਬੁਲਾਇਆ ਅਤੇ ਪੰਜ ਹਜ਼ਾਰ ਰੁਪਏ ਦੀ ਮੰਗ ਕੀਤੀ। ਭਾਈ ਸਾਹਿਬ ਨੇ ਜੁਆਬ ਦਿੱਤਾ ਕਿ ਜਦ ਮੇਲਾ ਹੀ ਨਹੀਂ ਹੋਇਆ ਅਤੇ ਨਾ ਹੀ ਕੋਈ ਆਇਆ ਹੈ ਸੋ ਟੈਕਸ ਕਿਉਂ ਦਿੱਤਾ ਜਾਵੇ। ਗਵਰਨਰ ਨੇ ਉਹਨਾਂ ਨੂੰ ਇਸਲਾਮ ਕਬੂਲ ਕਰਨ ਲਈ ਕਿਹਾ। ਭਾਈ ਸਾਹਿਬ ਨੇ ਨਾਂਹ ਕਰ ਦਿਤੀ। ਕਾਜ਼ੀ ਨੇ ਹੁਕਮ ਦਿੱਤਾ ਕਿ ਉਹਨਾਂ ਦੇ ਸ਼੍ਰੀਰ ਦਾ ਇਕ ਇਕ ਜੋੜ ਕਟ ਕੇ ਉਹਨਾਂ ਨੂੰ ਸ਼ਹੀਦ ਕਰ ਦਿੱਤਾ ਜਾਵੇ। ਜਦ ਜਲਾਦ ਉਹਨਾਂ ਦਾ ਸੀਸ ਕੱਟਣ ਲੱਗਾ ਤਾਂ ਕਿਹਾ ਜਾਂਦਾ ਹੈ ਕਿ ਭਾਈ ਸਾਹਿਬ ਨੇ ਉਸ ਨੂੰ ਰੋਕ ਦਿੱਤਾ ਤੇ ਕਿਹਾ, "ਤੇਰੇ ਮਾਲਕ ਦਾ ਹੁਕਮ ਬੰਦ ਬੰਦ ਕੱਟਣ ਦਾ ਹੈ ਅਤੇ ਤੈਨੂੰ ਹੁਕਮ ਸਹੀ ਤਰੀਕੇ ਨਾਲ ਮਨਣਾ ਚਾਹੀਦਾ ਹੈ"। ਸੋ ਜਲਾਦ ਨੇ ਬੰਦ ਬੰਦ ਕਟ ਕੇ ਭਾਈ ਸਾਹਿਬ ਨੂੰ ਨਖਾਸ ਚੌਂਕ, ਲਾਹੌਰ ਵਿਚ ਸ਼ਹੀਦ ਕਰ ਦਿੱਤਾ। ਧਨ ਸਨ ਉਹ ਗੁਰਸਿੱਖ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅਸਹਿ ਤੇ ਅਕਹਿ ਕਸ਼ਟ ਸਹੇ ਅਤੇ ਲਾਹਨਤ ਹੈ ਉਹਨਾਂ ਦੁਸ਼ਟਾਂ ਤੇ ਜਿੰਨ੍ਹਾਂ ਨੇ ਧਰਮ ਦੀ ਓਟ ਲੈ ਕੇ ਮਨੁੱਖਤਾ ਦਾ ਘਾਣ ਕੀਤਾ।



When the darkness is dispelled on meeting God, the mortal is awakened after being asleep for numberless births. Gururji is saying to the lucky one:

ਮਨ ਤੂੰ ਜੋਤਿ ਸਰੂਪੁ ਹੈ ਆਪਣਾ ਮੂਲੁ ਪਛਾਣੁ ॥ Mahala 3 Ang 482

O my mind, you are the embodiment of the Divine Light- recognise your own origin.

ਮਨ ਹਰਿ ਜੀ ਤੇਰੈ ਨਾਲਿ ਹੈ ਗੁਰਮਤੀ ਰੰਗੁ ਮਾਣੁ ॥

O my mind, the Dear Lord is with you; through the Guru's teachings enjoy His Love.

With the grace of Gururji's teaching we realise that Waheguru is pervading everywhere, like in the woven threads in a cloth or in a mirrored mansion He is present in every little piece. But we cannot see Him because there is a film of (*maya*) dust on the mirror (mind) hiding the vision. When we wash this dust with daily Simran, and spray of wisdom (*gyan*) then the vision will come through and shine. The Bhagat's mind (mirror) is clean and clear, there the vision of Waheguru shines and he feels the presence of the Lord. The gurmukhs can wash off the mist on their minds with Simran Bhagti, so as to make their mind *joti saroop*, and have a clear vision of Waheguru.

In Gurbani Sant Ravi Daasji on Ang 657 says:

ਸਰਬੇ ਏਕੁ ਅਨੇਕੈ ਸੁਆਮੀ ਸਭ ਘਟ ਭੋਗਵੈ ਸੋਈ ॥

The One Lord is pervading the many forms; He enjoys Himself in all hearts.

ਕਹਿ ਰਵਿਦਾਸ ਹਾਥ ਪੈ ਨੇਰੈ ਸਹਜੇ ਹੋਇ ਸੁ ਹੋਈ ॥

Says Ravi Daas; the Lord is nearer than our own hands and feet. Whatever will be, will be.

Now we can say that with the union of five elements, different creatures come to life but the atmas (life-force) are like the net that is made of one thread. In every creature the life-force (ਜੀਵ ਆਤਮਾ), the light is one and the same, that is part of Parmatma. We can feel this light when the dust of *maya* is removed with Naam Simran; the soul (*Atma*) gets cleansed and one realises the change of purity and slowly, in time, acquires union with Parmatma (Waheguru).

Now the question arises: **Is Parmatma far away from us, like the Sun?**

The answer is because everyone's body is made like the Russian Dolls; the biggest to the smallest all fit together. Parmatma – Atma – Jeev-atma (body). The whole world feels that God is far away from us and everyone is living this unrealised life. But we are existing only because Atma (an aspect of God) is the soul that is making us alive; Parmatma pervades the whole Universe and is also present in living creatures. On death, the soul (*Atma*) departs and the body becomes lifeless. Most of us live an unrealised life, not knowing that God is the Breath of life, and feel that God is far away from us. Because of this ignorance the mortal stays in the cycle of reincarnation.



Shaheed Udham Singh

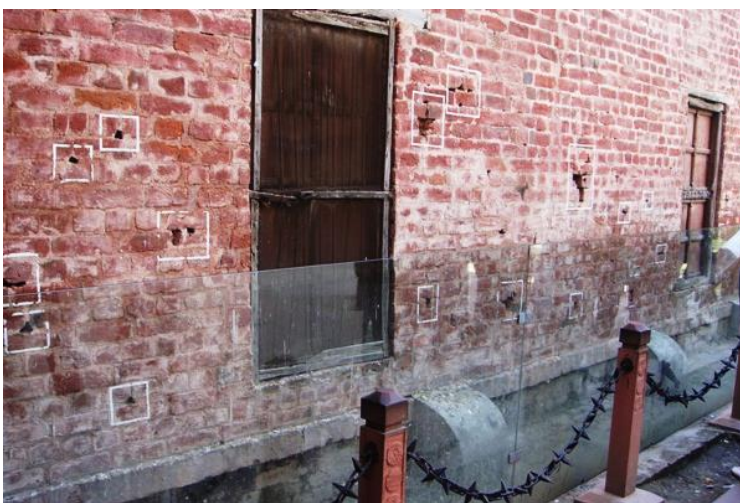
Jagtar Singh Thethi

Udham Singh, a revolutionary nationalist was born on 26 December 1899 at Sunam, in the state of Patiala. He was named Sher Singh. He had a brother called Mukta Singh. His father, Tehal Singh, worked as a watchman at a railway crossing. The family was hardly making their ends meet. Sher Singh lost both of his parents at a very early age and there was no one to take care of the two young orphans. So they were both sent to Central Sikh Orphanage at Amritsar where they were looked after and educated. Their names were also changed by the Orphanage management to Udham Singh and his brother became Sadhu Singh. He died in 1917 and Udham Singh left the Orphanage after passing matriculation examination in 1918.



Meanwhile the political situation was changing because Indians were asking for freedom of the country. Indian National Congress though initiated by Anne Besant had taken up the cause of freedom and were holding meetings and demonstrations in the country. Most of the freedom movement activities originated in Panjab.

A meeting was being held at Jallianwala Bagh (an open ground enclosed by walls on all sides and with only one entry and exit) near Harmandir Sahib Amritsar, on the Baisakhi Day on 13 April, 1919. Though the meeting was banned by the administration, a large number of people from the city and rural areas who had come to Harmandir Sahib to pay their respects, assembled in the Jallianwala Bagh. They were listening to the speeches made by the leaders. On that day 19 year old Udham Singh was serving water to the thirsty crowd, along with his friends from the orphanage. As they were doing so, an army Brigadier-General named Reginald Edward Harry Dyer, entered the arena with his army squad, sealed off the only exit and indiscriminately opened fire on the crowded gathering of thousands, without any warning. This was an act of indiscriminate murder!



There prevailed a state of severe pandemonium. People ran around for protection, some tried to scale the high walls and others fell into a well in the turmoil. The only way out of the garden had been blocked by the firing unit. Most of the people were hit directly by the bullets. In a few minutes over a thousand persons were killed. Udham Singh had seen all the carnage with his eyes. He later would recall that event with anger and sorrow. It

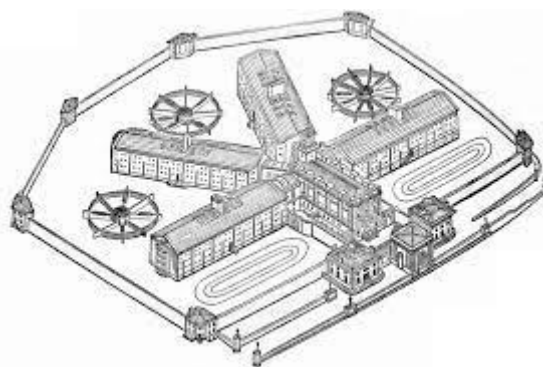
deeply hurt him and he turned into a revolutionary.

Soon after he left India and went to the United States of America. He felt thrilled to learn about the militant activities of Babbar Akalies in the early twenties and returned to India. He had brought some revolvers with him and was caught with them at Amritsar and sentenced to four years imprisonment under the Arms Act. On release in 1931 he went to Sunam, his native place. There he was harassed by the local police. Again he returned to Amritsar and opened a shop as a signboard painter assuming the name of Ram Mohammed Singh Azad. This name he was to use in England to signify the unity of all religious communities in India in their struggle for political freedom.

Udham Singh was deeply influenced by the activities of Bhagat Singh and his revolutionary group. In 1935 when he went to Kashmir, he was found carrying a portrait of Bhagat Singh. He invariably referred to him as his guru. He loved to sing political songs and was very fond of Ram Parshad Bismal who was a leading revolutionary poet. After staying for some time in Kashmir, Udham Singh used an alias to evade police and escaped to Germany and then reached London, England. He was on a look out for an opportunity to avenge the Jallian Wala Bagh tragedy.

His long awaited moment came at last on 13 March 1940 when at 4:30 pm in Caxton Hall a meeting of the East India Association was being held in conjunction with the Royal Central Asian Society where Michael Francis O'Dwyer (who was governor of the Punjab when the Amritsar massacre had taken place) was due to speak. With a revolver hidden in his coat, Udham Singh sneaked into the hall and when General O'Dwyer whom he held responsible for the brutal Jallianwala massacre (O'Dwyer had called the massacre a "correct action") started addressing, Udham Singh fired six shots at him. O'Dwyer was hit twice and he fell on the ground dead. Lord Zetland the Secretary of State for India, who was presiding over the meeting, was injured. Udham Singh was overpowered with a smoke revolver. He made no attempt to escape and kept saying he had done his duty to his country.

On 1 April 1940 Udham Singh was formally charged with the murder of Michael Francis O'Dwyer. On 4 June 1940 he was committed to trial at the Central Court at the Old Bailey before Justice Atkinson who sentenced him to death. An appeal was filed on his behalf which was dismissed and on 31 July 1940 he was hanged at Pentonville Prison in London.



Udham Singh was essentially a man of action and apart from his statement nothing else was found written by him anywhere. During the trial, Udham Singh had requested that his ashes be sent to India but that was not done.

In 1975 the government of India, at the instance of Panjab government, finally succeeded in bringing his ashes home. Millions of people gathered to pay homage to this great son of India. He was honoured by the government by changing the name of his birth place to Sunam Udham Singh Wala and thus he was given due recognition.

The first day of Asaarh in the Nanakshahi Calander, which is the fourth month of the year, coincides with June 15th on the Gregorian Calendar. Sangrand is celebrated in all the Gurdwaras, world wide. This is the series I have undertaken in which I post Gurbani from the Barah Maha (Maajh Mahala 5 SGGS Ang 134). Also added a few of my own thoughts on this Shabad, to analyze the message it is trying to convey.

ਆਸ਼ਾੜ੍ਹ ਤਪੰਦਾ ਤਿਸੁ ਲਗੈ ਹਰਿ ਨਾਹੁ ਨ ਜਿੰਨਾ ਪਾਸਿ ॥

The month of Aasaarh seems burning hot, to those who are not close to their Husband Lord.

ਜਗਜੀਵਨ ਪੁਰਖੁ ਤਿਆਗਿ ਕੈ ਮਾਣਸ ਸੰਦੀ ਆਸ ॥

They have forsaken God the Primal Being, the Life of the World, and they have come to rely upon mere mortals.

ਦੁਯੈ ਭਾਇ ਵਿਗੁਚੀਐ ਗਲਿ ਪਈਸੁ ਜਮ ਕੀ ਫਾਸ ॥

In the love of duality, the soul-bride is ruined; around her neck she wears the noose of Death.

ਜੇਹਾ ਬੀਜੈ ਸੇ ਲੁਣੈ ਮਥੈ ਜੇ ਲਿਖਿਆਸੁ ॥

As you plant, so shall you harvest; your destiny is recorded on your forehead.

ਰੈਣਿ ਵਿਹਾਣੀ ਪਛੁਤਾਣੀ ਉਠਿ ਚਲੀ ਗਈ ਨਿਰਾਸ ॥

The life-night passes away, and in the end, one comes to regret and repent, and then depart with no hope at all.

ਜਿਨ ਕੋ ਸਾਧੂ ਭੇਟੀਐ ਸੇ ਦਰਗਹ ਹੋਇ ਖਲਾਸੁ ॥

Those who meet with the Holy Saints are liberated in the Court of the Lord.

ਕਰਿ ਕਿਰਪਾ ਪ੍ਰਭ ਆਪਣੀ ਤੇਰੇ ਦਰਸਨ ਹੋਇ ਪਿਆਸ ॥

Show Your Mercy to me, O God; I am thirsty for the Blessed Vision of Your Darshan.

ਪ੍ਰਭ ਤੁਧੁ ਬਿਨੁ ਦੂਜਾ ਕੇ ਨਹੀ ਨਾਨਕ ਕੀ ਅਰਦਾਸਿ ॥

Without You, God, there is no other at all. This is Nanak's humble prayer.

ਆਸ਼ਾੜ੍ਹ ਸੁਹੰਦਾ ਤਿਸੁ ਲਗੈ ਜਿਸੁ ਮਨਿ ਹਰਿ ਚਰਣ ਨਿਵਾਸ ॥੫॥

The month of Aasaarh is pleasant, when the Feet of the Lord abide in the mind. ||5||

Guru Arjan Dev ji says, this month of Asaarh normally feels very hot and uncomfortable to those persons who have no spiritual connection with the ever cool Parmatma, our master and provider, and they look for support from others. These persons suffer agony and discomfort of the hot weather. Without the support of Waheguru and living in duality, the mortal is ruined and suffers the noose of death around his neck (as our destiny is pre-ordained and written on the forehead in accordance with the karma). What you sow so shall you reap. With Waheguru's kirpa, those who meet with the holy saints are liberated and honored in the court of the Lord. They have thirst for the vision of Waheguru's darshan and take refuge in the feet of the Lord; they are blessed as they have renounced duality. Such persons shall not suffer discomfort and agony in the month of Asaarh but shall find it pleasant.

ਭਾਈ ਤਾਰੂ ਸਿੰਘ ਇਕ ਸਿੱਧਾ-ਸਾਦਾ ਅਤੇ ਸੱਚਾ ਸੁੱਚਾ, ਮੇਹਨਤੀ ਕਿਸਾਨ ਸੀ ਜੋ ਅਠਾਰਵੀਂ ਸ਼ਤਾਬਦੀ ਵਿਚ ਪਿੰਡ ਪੂਹਲਾ, ਜ਼ਿਲ੍ਹਾ ਅੰਮ੍ਰਿਤਸਰ ਵਿਚ ਰਹਿੰਦਾ ਸੀ। ਉਸ ਦਾ ਜਨਮ ੧੦ ਅਕਤੂਬਰ ੧੭੨੦ ਨੂੰ ਭਾਈ ਜੋਧ ਸਿੰਘ ਤੇ ਬੀਬੀ ਧਰਮ ਕੌਰ ਸੰਧੂ ਦੇ ਪ੍ਰੀਵਾਰ ਵਿਚ ਹੋਇਆ। ਉਸ ਦੀ ਇਕ ਛੋਟੀ ਭੈਣ ਸੀ। ਤਾਰੂ ਸਿੰਘ ਇਕ ਧਰਮੀ ਤੇ ਅਸੂਲ ਵਾਲਾ ਪੁਰਸ਼ ਸੀ ਤੇ ਗੁਰੂ ਸਾਹਿਬਾਂ ਵਲੋਂ ਦਰਸਾਏ ਗਏ ਮਾਰਗ ਤੇ ਚਲਦਿਆਂ ਹੋਇਆਂ ਆਪਣਾ ਤੇ ਪ੍ਰੀਵਾਰ ਦਾ ਗੁਜ਼ਾਰਾ ਕਰਦਾ ਸੀ, ਤੇ ਥੋੜੀ ਬਚਤ ਕਰਕੇ ਸਰਕਾਰੀ ਅਤਿਆਚਾਰ ਦੇ ਸ਼ਿਕਾਰ ਹੋਏ, ਜੰਗਲਾਂ, ਪਹਾੜਾਂ ਵਿਚ ਰਹਿੰਦੇ ਸਿੰਘਾਂ ਦੀ ਸਹਾਇਤਾ ਕਰ ਦਿੰਦਾ ਸੀ।

ਜੰਡਿਆਲੇ ਦਾ ਵਸਨੀਕ ਹਰਭਗਤ ਨਰੰਜਣੀਆਂ, ਜੋ ਕਿ ਸਰਕਾਰੀ ਪਿੱਠੂ ਸੀ, ਨੂੰ ਪਤਾ ਲਗਾ। ਉਹ ਸਿੱਖਾਂ ਦਾ ਜਾਨੀ ਦੁਸ਼ਮਣ ਸੀ। ਉਸ ਨੇ ਸਿਧੀ ਜ਼ਕਰੀਆ ਖਾਂ ਨਾਲ ਗਲ ਕੀਤੀ ਤੇ ਵਧਾ ਚੜ੍ਹਾ ਕੇ ਦੱਸਿਆ ਕਿ ਤਾਰੂ ਸਿੰਘ ਰਾਜ ਦੇ ਦੁਸ਼ਮਣਾਂ ਭਾਵ ਸਿੱਖਾਂ ਦੀ ਸਹਾਇਤਾ ਕਰ ਰਿਹਾ ਹੈ। ਉਹ ਆਪ, ਉਸ ਦੀ ਮਾਂ ਤੇ ਭੈਣ ਬਹੁਤ ਥੋੜ੍ਹਾ ਖਾਂਦੇ ਹਨ ਤੇ ਆਪ ਘਰ ਦਾ ਬਣਾਇਆ ਖੱਦਰ ਪਹਿਨਦੇ ਹਨ। ਬਾਕੀ ਜੋ ਬਚਦਾ ਹੈ, ਸਿੱਖਾਂ ਨੂੰ ਭੇਜ ਦਿੰਦੇ ਹਨ। ਇਸ ਬਾਰੇ ਸਰਕਾਰ ਨੂੰ ਕੁਝ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।

ਸਰਕਾਰ ਵਲੋਂ ਕਾਰਵਾਈ ਕਰਦਿਆਂ ਭਾਈ ਤਾਰੂ ਸਿੰਘ ਨੂੰ ਗ੍ਰਿਫਤਾਰ ਕਰ ਲਿਆ ਗਿਆ। ਪਹਿਲਾਂ ਜੇਲ੍ਹ ਵਿਚ ਰੱਖ ਕੇ ਮਾਰ-ਕੁਟਾਈ ਕੀਤੀ ਗਈ ਤੇ ਫਿਰ ਗਵਰਨਰ ਦੇ ਪੇਸ਼ ਕੀਤਾ ਗਿਆ। ਭਾਈ ਸਾਹਿਬ ਨੇ ਕਚਹਿਰੀ ਵਿਚ ਆ ਕੇ ਨਿਧੜਕ ਹੋ ਕੇ ਉੱਚੀ ਬੇਲ ਕੇ ਫਤਿਹ ਗਜ਼ਾਈ। ਜਦੋਂ ਉਹਨਾਂ ਤੇ ਰਾਜ-ਧਰੋਹੀ ਦਾ ਦੋਸ਼ ਲਾਇਆ ਗਿਆ ਤਾਂ ਉਹਨਾਂ ਕਿਹਾ: "ਅਸੀਂ ਧਰਤੀ ਤੇ ਕੰਮ ਕਰਦੇ ਹਾਂ, ਸਰਕਾਰ ਨੂੰ ਮੁਆਮਲਾ ਦਿੰਦੇ ਹਾਂ। ਜੇ ਵਿਉਪਾਰ ਕਰਦੇ ਹਾਂ ਤਾਂ ਟੈਕਸ ਦਿੰਦੇ ਹਾਂ। ਜੇ ਸਾਡੇ ਪਾਸ ਬਚਦਾ ਹੈ ਉਸ ਨਾਲ ਆਪਣਾ ਪੇਟ ਭਰਦੇ ਹਾਂ। ਆਪ ਥੋੜ੍ਹਾ ਖਾ ਕੇ ਬਾਕੀ ਆਪਣੇ ਭਰਾਵਾਂ ਦੀ ਸਹਾਇਤਾ ਕਰਦੇ ਹਾਂ। ਅਸੀਂ ਤੁਹਾਡੇ ਪਾਸੋਂ ਕੁਛ ਨਹੀਂ ਲੈਂਦੇ। ਫਿਰ ਸਾਨੂੰ ਕਿਉਂ ਸਜ਼ਾ ਦਿਤੀ ਜਾਂਦੀ ਹੈ?"।

ਇਹ ਸਚਾਈ ਸੁਣ ਕੇ ਗਵਰਨਰ ਨੂੰ ਬਹੁਤ ਗੁੱਸਾ ਆਇਆ ਤੇ ਸਿੱਧਾ ਹੀ ਕਹਿਣ ਲਗਾ, "ਮੈਂ ਤੁਹਾਡੀ ਗਲ ਸੁਣਨ ਲਈ ਤਿਆਰ ਨਹੀਂ। ਜਾਂ ਮੁਸਲਮਾਨ ਬਣ ਜਾਉ ਤੇ ਜਾਂ ਮੌਤ ਕਬੂਲ ਕਰੋ"। ਤਾਰੂ ਸਿੰਘ ਕਹਿਣ ਲਗੇ, "ਮੈਂ ਮੁਸਲਮਾਨ ਕਿਉਂ ਬਣਾਂ? ਕੀ ਮੁਸਲਮਾਨ ਕਦੀ ਨਹੀਂ ਮਰਦੇ?" ਅੰਤ ਉਹਨਾਂ ਨੇ ਜਬਰਦਸਤੀ ਭਾਈ ਸਾਹਿਬ ਦੇ ਕੇਸ ਕੱਟਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕੀਤੀ ਤੇ ਰੰਬੀ ਨਾਲ ਸਿਰ ਉਪਰੋਂ ਖੋਪੜੀ ਲਾਹ ਦਿਤੀ। ਇਹ ਕਾਰਾ ੯ ਜੂਨ ੧੭੪੫ ਨੂੰ ਕੀਤਾ ਗਿਆ। ਖੂਨ ਨਾਲ ਲੱਥ ਪੱਥ ਇਹਨਾਂ ਨੂੰ ਵਾਪਸ ਜੇਲ ਭੇਜ ਦਿਤਾ ਕਿ ਆਪੇ ਹੀ ਖੂਨ ਵਗਣ ਨਾਲ ਮੌਤ ਹੋ ਜਾਵੇਗੀ।



ਕੁਝ ਸਮੇਂ ਪਿੱਛੋਂ ਕੁਦਰਤ ਨੇ ਆਪਣਾ ਰੰਗ ਦਿਖਾਲਿਆ ਤੇ ਜ਼ਕਰੀਆ ਖਾਂ ਦਾ ਪਿਸ਼ਾਬ ਰੁਕ ਗਿਆ। ਉਸ ਨੂੰ ਬਹੁਤ ਦਰਦ ਹੋਣ ਲਗੀ। ਕੋਈ ਦਵਾ ਦਾਰੂ ਕੰਮ ਨਾ ਕਰੇ। ਉਸ ਦੇ ਸਲਾਹਕਾਰਾਂ ਨੇ ਦਸਿਆ ਕਿ ਇਹ ਸਿੱਖਾਂ ਉਪਰ ਜ਼ੁਲਮ ਕਰਾਉਣ ਦਾ ਫਲ ਹੈ। ਉਹਨਾਂ ਕਿਹਾ ਕਿ ਜੇ ਭਾਈ ਤਾਰੂ ਸਿੰਘ ਦਾ ਜੋੜਾ (ਜੁੱਤੀ) ਖਾਨ ਦੇ ਸਿਰ ਤੇ ਮਾਰਿਆ ਜਾਏ ਤਾਂ ਫਰਕ ਪੈ ਸਕਦਾ ਹੈ। ਜ਼ਕਰੀਆ ਖਾਂ ਨੇ ਖਾਲਸਾ ਪੰਥ ਤੋਂ ਗਿੜ-ਗਿੜਾ ਕੇ ਆਪਣੇ ਕੀਤੇ ਦੀ ਮੁਆਫੀ ਮੰਗੀ ਤੇ ਤਾਰੂ ਸਿੰਘ ਦਾ ਜੁਤਾ ਉਸ ਦੇ ਸਿਰ ਵਿਚ ਮਾਰਨਾ ਸ਼ੁਰੂ ਕੀਤਾ। ਜਿਦਾਂ ੨ ਜੁਤੇ ਸਿਰ ਵਿਚ ਵੱਜੇ, ਉਸ ਨੂੰ ਦਰਦ ਤੋਂ ਆਰਾਮ ਮਿਲੇ। ਇਸ ਤਰਾਂ ੨੨ ਦਿਨ ਲੰਘੇ ਤੇ ਫਿਰ ਖਾਨ ਦੀ ਮੌਤ ਹੋ ਗਈ। ਭਾਈ ਤਾਰੂ ਸਿੰਘ ਨੂੰ ਪਤਾ ਲਗਾ ਤੇ ਉਹ ਹੈਰਾਨ ਹੋ ਗਏ ਕਿ ਜ਼ਾਲਮ ਉਹਨਾਂ ਤੋਂ ਪਹਿਲਾਂ ਨਰਕ ਸਧਾਰ ਗਿਆ ਹੈ। ਉਹਨਾਂ ਨੇ ਭੀ ੧ ਜੁਲਾਈ ੧੭੪੫ ਨੂੰ ਸ਼੍ਰੀਰ ਤਿਆਗ ਦਿਤਾ।

ਭਾਈ ਤਾਰੂ ਸਿੰਘ ਦੀ ਉਮਰ ਕੇਵਲ ੨੫ ਸਾਲ ਸੀ। ਦਿਲੀ ਗੇਟ ਲਾਹੌਰ ਦੇ ਬਾਹਿਰ ਉਹਨਾਂ ਦਾ ਸੰਸਕਾਰ ਕੀਤਾ ਗਿਆ ਅਤੇ ਸ਼ਹੀਦ ਰੰਜ ਮੈਮੋਰੀਅਲ ਬਣਾਇਆ ਗਿਆ, ਜੋ ਕਿ ਸਿੱਖਾਂ ਲਈ ਇਕ ਯਾਤਰਾ ਅਸਥਾਨ ਹੈ।

Gurdwara Baba Taru Singh Shaheed is situated in Village Puhla, 25 Km from Patti City.



1. Why is mindfulness important?

It is important to end our suffering. The point of learning mindfulness is to reduce suffering and the reason we suffer is because we believe our thoughts all too much. Therefore we're constantly being pulled into distressing mind states. There are 4 main stress in our lives:

1. Not getting what we want
2. Getting what we don't want
3. Protecting what we have and
4. Losing what we are attached to.



All these are forms of Maya and when we get swayed by maya, distress follows it.

ਛਲੰ ਛਿਦ੍ਰੰ ਕੋਟਿ ਬਿਘਨੰ ਅਪਰਾਧੰ ਕਿਲਬਿਖ ਮਲੰ॥

ਭਰਮ ਮੋਹੰ ਮਾਨ ਅਪਮਾਨੰ ਮਦੰ ਮਾਯਾ ਬਿਆਪਿਤੰ॥

ਮ੍ਰਿਤੁ ਜਨਮ ਭ੍ਰਮੰਤਿ ਨਰਕਹ ਉਪਾਵੰ ਨ ਸਿਧ ਤੇ॥

SGGS Ang 1357

Remember when gurbani talks about hell and heaven, it is not necessarily talking about after life experiences. It is a mental state where when you are stressed, or worried it seems like you are in hell while when you are blissful, it seems like heaven. You can create your own hell and heaven depending on the thoughts in your mind.

With mindfulness, we can start to understand which thoughts are helpful and which ones make us suffer, and we strengthen our ability to let go.

2. How do I start being mindful, like the smallest step we should take in the direction?

When we notice our mind getting caught in a whirlwind of thoughts, we can gently bring our focus to one of our senses, such as breathing or other sensations around us.

A Sikh can bring back his/her focus on breathing and say Waheguru's name as he/she inhales and exhales. The whole point is to get ourselves out of the web of unproductive thoughts, back to the present moment, so the grip of those harmful thoughts is loosened.

3. What is the difference between mindful meditation and mindfulness?

There are different ways of doing meditation, however they are all formal ways to calm your thoughts by sitting in a certain way at a certain time, in a certain position. Mindful meditation

is when you practice mindfulness in a formal setting but the idea is not to calm the mind instead observe your thoughts without judgment and keep bringing yourself to the present moment by using breath or other sensations as anchor.

Meditation on Waheguru's naam has utmost importance in Sikhi. This helps us rejuvenate, purify and recharge our mind and soul. It takes us from a state of worry to complete surrender to Waheguru's hukam. The whole of Guru Granth Sahib is filled with shabads that show the importance of meditating on Waheguru's Naam not necessarily in a formal setting though.

ਬਿਖੈ ਬਿਕਾਰ ਦੁਸਟ ਕਿਰਖਾ ਕਰੇ ਇਨ ਤਜਿ ਆਤਮੈ ਹੋਇ ਧਿਆਈ॥

ਜਪੁ ਤਪੁ ਸੰਜਮੁ ਹੋਹਿ ਜਬ ਰਾਖੇ ਕਮਲੁ ਬਿਗਸੈ ਮਧੁ ਆਸ੍ਰਮਾਈ॥ *SGGS Ang 23*

Mindfulness on the other hand is a practice you can inculcate informally in your every waking moment. When you are alone, with friends with your children, you can practice mindfulness. You do need to set aside time to practice it in your daily schedule to do it but no formal settings are required unlike meditation.

ਚਿਤ ਸਿਮਰਨੁ ਕਰਉ ਨੈਨ ਅਵਲੋਕਨੇ ਸ੍ਰਵਨ ਬਾਨੀ ਸੁਜਸੁ ਪੂਰਿ ਰਾਖਉ॥

ਮਨੁ ਸੁਮਧੁਕਰੁ ਕਰਉ ਚਰਨ ਹਿਰਦੇ ਧਰਉ ਰਸਨ ਅੰਮ੍ਰਿਤ ਰਾਮ ਨਾਮ ਭਾਖਉ॥ *SGGS Ang 694*

Mindfulness just like simran is a practice you can inculcate informally in your every waking moment. When you are alone, with friends with your children, you can practice mindfulness. You do need to set aside time to practice it in your daily schedule to do it but no formal settings are required unlike meditation.





Dear Readers Sat Sri Akal to all!

London in Bloom

We are awaiting to hear from the Organiser of London in Bloom when Guru Har Rai Bagh will be assessed. The bagh is assessed for its cleanliness, planting, environment issues and community engagement. The results will be announced in September.

We ask you to respect the Bagh which has been created for your enjoyment. Kindly place your litter in the bins, not in the planters.

Vegetable Patch

A vegetable patch has been built behind the school building and takes on a different feel from the formal floral planting to the Courtyard.

The plants were grown by the sangat from seeds provided by the Royal Horticultural Society. The area will use recycled material, e.g., trees stumps provide seating area, water butts to collect rain water. We are looking into building a stumpery which will encourage insects, wildlife and fauna to take up home.

The Gardening Club meets once a month on a Saturday from 12:30-1:30 all ages are welcomed. The next session takes place on Saturday 3rd July.

This is photo is from our gurdwara vegetable patch, the tomato is forming!



New wildflowers for the Wildflower Hunt!



Plantlife's Wildflower Hunt has been refreshed for the Summer! Two brand new spotter packs await - Here is the link for towns for you to download

<https://www.plantlife.org.uk/wildflowerhunt/wp-content/uploads/2021/03/Summer-Around-town-spotter-sheet.pdf>

See if you recognise any of the plants on the sheet when you are next out, keep a record.

Eco Sikhs

Eco Sikhs will be holding a workshop in August/September, look out for details.

SIKH ASSISTED MARRIAGES

Application forms for this service are available from the Gurdwara. The completed application form and a passport size photograph, with a non-refundable **registration fee of £50** (cheques payable to Sri Guru Singh Sabha) should be sent to: The Matrimonial Service, Gurdwara Sri Guru Singh Sabha, Alice Way, Hanworth Road, Hounslow, Middlesex. TW3 3UA

Participants must be registered on our matrimonial database to benefit from this service.

Personal and telephone enquiries are welcome as follows:

Monday – Sunday

10:00am – 2:00pm

Telephone Enquiries: **020 8814 6701**

All information will be strictly confidential and sincere efforts will be made in good faith to introduce interested parties. The management of the Gurdwara will not be responsible morally, legally, or otherwise, for any alleged act of negligence, omission, or commission by either of the parties concerned, nor will it be liable for any legal action.

The Gurdwara current list of our matrimonial partners appears below.

MALES

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2880	08/04/94	Degree Geography	Law Enforcement	5' 05"
2881	10/07/75	LLB	Transport	5' 09"
2882	16/01/94	MBBS, BSC(hons)	Doctor	6' 00"
2883	22/03/90	MPharm	Army Officer, Pharmacist	6' 01"
2884	14/04/91	BSc Maths, MSc Finance	UBS Investment Banker Strategist	5' 11"
2885	27/06/92	BDS	Dental Surgeon	5' 10"
2886	31/08/89	BDS,BEng, MSc Dental Implant Surgery	Dentist	6' 04"
2887	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2888	31/01/93	BSc(hons) Financial Mathematics	Banking Analyst	5' 11"
2889	23/05/95	M Pharm(hons)	Pre-Reg Pharmacist	5' 11"
2890	17/09/89	LLB Law	Solicitor	5' 10"
2891	06/09/92	BA(hons) Business & Computing	Ffinance Officer-LBH Council	5' 07"
2892	06/11/87	BSc(hons) Pharmaceutical Science	Manager at Pharmaceutical co.	5' 10"
2893	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2894	06/01/58	BSc(hons)	Senior Tech. Cons. on sabbatical	5' 08"
2895	28/11/92	BSc Economics, Chartered Accountant	Financial Analyst	5' 08"
2896	02/04/92	BSc Computer Science	IT Consultant	6' 01"
2897	18/05/92	BDS, MJDF	Associate, on specialist training	5' 08"
2898	17/07/88	BSc Economics, Chartered Accountant	International Tax Director	6' 00"
2899	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2900	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2901	16/11/94	BA Economics	Management Accountant	5' 10"
2902	08/05/81	A Levels	Managing Director	5' 07"
2903	02/09/91	Engineering degree Construction	Estate Agent-own business	6' 00"
2904	01/04/88	CIMA (part qualified)	Management Accountant	5' 11"
2905	10/05/85	A Levels, Diploma	Renault	5' 05"

2906	30/07/93	BA Hospitality & Management	Hotelier	5' 09"
2907	15/09/88	BA Accounting & Finance	Manager, EE Mobile Co.	5' 08"
2908	05/11/91	LLB	Lawyer	6' 02"
2909	22/02/93	BDS	Dentist	6' 00"
2910	17/04/94	BDS Dental Surgery	Dentist	6' 01"
2911	25/04/94	MBBS, BSc(hons)	NHS Hospital Doctor	5' 08"
2912	19/03/95	Dip.General Nursing, stdy BSc Health	Health Care Assistant	5' 08"
2913	20/03/91	BSc Mathematics	Chartered Accountant	6' 02"
2914	31/12/78	Dip. In Yoga, Dip. In Business	Director	6' 00"
2915	26/08/93	BSc Computing	Senior Manager-Local Gov.	none
2916	01/07/90	BSc Maths, Chartered Accountant (ICAS)	Investment Management	5' 11"
2917	26/04/88	A Levels	Aviation	5' 07"
2918	09/06/77	College	British Airways	6' 01"
2919	24/08/93	MSc Systems Engineering	Software Developer	5' 08"
2920	17/07/95	BA Business Studies	Unemployed	6' 03"
2921	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2922	13/01/93	BA Business Management	Accounts Assistant	5' 07"
2923	09/10/87	B Eng (civil Engineering)	Property Developer	6' 02"
2924	02/11/74	B Eng MSC	Senior Project manager	5' 09"
2925	03/12/94	BA Econ & Politics MSC Real Estate	Corporate Investments	5' 11"
2926	30/01/94	BA Finance and CIMA	Accountant	6' 03"
2927	26/05/91	Bsc Business Studies	IT Consultant	6' 02"
2928	09/11/91	BSc Economics, Chartered Accountant	Chartered Accountant	6' 02"
2929	07/06/84	BSc, MSc Computer Sci.	Ops. Director Family business	5'11½"
2930	01/04/91	BA Accounting & Finance, ACCA	Business Analyst	6' 01"
2931	15/08/89	BSC(hons), PGCE., NPQML	Maths Specialist Teacher	5' 10"
2932	15/11/86	MSc Information Technology, MBA	Senior Software Architect	5' 11"
2933	15/10/74	GCSE, BTEC Business & Finance	British Airways-Check In	5' 10"
2934	11/02/94	BSc(hons) Biochemistry, Dentistry	-	5' 08"
2935	17/10/91	BSc (hons)	Actuary	5' 10"
2936	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2937	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2938	26/07/90	MBBS, FRCR	Hospital Doctor-ST5 final yr	5' 10"
2939	26/08/95	BDS	Dentist-self employed	5' 9.5"
2940	29/07/94	BSc(hons), MBBS	NHS Hospital Doctor	5' 10"
2941	19/01/89	BSc Business Mananement	Online Sales at Sky TV	6' 00"
2942	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2943	22/01/88	MBBS, BSC(hons), FRCR	Radiology Consultant	5' 10"
2944	12/08/95	Dispensing Optician	Store Manager-Specsavers	5' 11"
2945	30/01/90	Carpentry	Property Management	5' 06"
2946	11/10/94	BSc, ACA	Chartered Accountant	5' 09"
2947	26/09/82	Accountancy	Own Business- EstateAgency	5' 11"
2948	25/02/93	BA(hons) Airline/Airport Management	Regional Education Manager	5' 11"
2949	19/05/95	MBChB	Junior Doctor	6' 00"
2950	28/08/93	MSc Quantity Surveying	Covid Trace & Track Admin.	6' 02"
2951	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2952	20/05/87	Degree Building Surveying	Senior Risk Officer	5' 09"
2953	25/04/88	M Eng Materials Sci. & Eng., ACA	Senior FinanceBusiness Partner	5' 09"
2954	16/03/86	MSc Structural engineer, B Eng(hons)	Project designer	5' 10"
2955	07/10/88	BSc Pharmacy	Own Pharmacy Business	6' 01"

2956	26/04/97	Degree Maths & Physics	Policy Advisor in Civil Service	6' 02"
2957	06/02/90	MBBS	NHS Doctor	6' 02"
2958	18/03/90	Charter Accountant	British Gas	5' 08"
2959	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2960	20/09/79	BSc, MSc Info. Security	Business Owner	5' 10"
2961	11/12/90	BSc(hons) Computer Science	Automation Engineer	6' 00"
2962	01/08/79	BSc IT Computer Studies	IT Engineer	5' 08"
2963	25/09/88	BA Sociology, GDL, LPC	Solicitor	5' 10"
2964	24/01/93	Degree Civil Engineering	Senior Quantity Surveyor	6' 00"
2965	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer(ARM)	5' 07"
2966	03/09/87	MSc Computer Science	End Point Clinical IT Consultant	5' 10"
2967	23/03/88	BA(hons); ACCA Chartered Accountant	Finance Project Manager	5' 09"
2968	18/09/88	MBBS	Psychiatrist (Specialist Doctor)	5' 08"
2969	09/04/96	BSc(hons), MSc(hons)	Educational Supp./Private tutor	5' 07"
2970	15/12/94	BSc(hons) Quantity Surveying	Quantity Surveyor Comm. Mngr	6' 00"
2971	27/07/88	Medical Doctor	NHS	6' 00"
2972	28/07/92	MD Master of Medicine	Senior House Officer	5' 06"
2973	28/04/93	BSc(hons) Media Studies	Intermediate Level Programme	5' 09"
2974	09/12/87	BA, ACA	Chartered Accountant	6' 02"
2975	13/03/87	BSc Finance & Accounting	Management AccountingAnalyst	6' 00"
2976	29/09/84	MBBS	GP Doctor	5' 06"

F E M A L E S

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9263	14/03/90	LLB	Solicitor	5' 02"
9264	07/01/89	MBChB, MSc, MRCS	ST3 Surgical Registrar	5' 08"
9265	27/12/85	AAT Accounts	Credit Controller	5' 08"
9266	21/01/90	BSC Psychology	Senior Dental Nurse	5' 09"
9267	13/10/92	BA Economics, stdy. CIMA	Finance Analyst	5' 03"
9268	06/01/94	MA Human Resource Management	HR Advisor	6' 00"
9269	01/11/90	BSc(hons) Economics	VP Investment Banking	5' 04"
9270	12/01/90	BA(hons), MSc Management, PGCE	Asst. Head of Year, Teacher	5' 04"
9271	28/01/89	BSc(hons), MSc, MBA	NHS England-Senior Director	5' 04"
9272	22/12/93	BSc, masters degree	recruitment Consultant	5' 03"
9273	18/12/93	masters International Studies	Civil Services	5' 03"
9274	17/11/86	BM Bmed sci(hons)	NHS Doctor	5' 05"
9275	13/09/80	Masters	Account Director	5' 03"
9276	22/03/86	Degree Business Economics	Strategy&Digitilisation Manager	5' 04"
9277	24/09/85	BA Business Management	British Gas, p/t study	5' 04"
9278	25/05/89	Masters Mathematics	Actuary	5' 07"
9279	28/03/88	CACHE Diploma Childcare	Radiology Assistant-NHS Hosp.	5' 06"
9280	21/10/93	CACHE Level 3 Dip. Nursery Nurse	Local School	5' 00"
9281	06/07/91	BSc(hons), ICAEW ACA	Group Financial Accountant	5' 10"

9282	04/06/92	M Pharm	Pharmacist	5' 07"
9283	04/02/97	BSc, McOptom	Optometrist	5' 03"
9284	12/05/86	BA(hons)	SVP Creative & Content	5' 08"
9285	21/06/82	BSc(hons)Business Management, CIPD	HR Manager	5' 04"
9286	30/01/88	BDS	Dentist	5' 00"
9287	20/08/85	BSc Optometry	Optician	5' 06"
9288	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9289	19/01/93	MBBS, BSc(hons)	Doctor	5' 02"
9290	29/08/88	LLB	Contract Manager	5' 05"
9291	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"
9292	12/02/87	BSc(hons), CIPFA	Accountant	5' 02"
9293	12/09/91	MPharm	Pharmacist	5' 04"
9294	28/05/93	LLM, Postgraduate	Solicitor	5' 06"
9295	13/07/91	Deg. Accountancy/Finance, stdy ACA	Bank- Finance Management	5' 04"
9296	30/11/92	BA(hons) Business	HR	5' 07"
9297	10/11/78	BA(hons) Fashion Design	Reference Co-ordinator, HR	5' 04"
9298	24/08/84	MBChB, PhD	Doctor in NHS	5' 04"
9299	09/11/96	BSc Accounting, ACA	Accountant	5' 04"
9300	12/04/84	PostGraduate	Education Welfare Officer	5' 04"
9301	16/06/95	Foundation Deg. Pharmaceutical Sci.	NHS Pharmacy Technician	5' 05"
9302	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Deputy ManagerPrivate Nursery	5' 01"
9302	14/08/75	BSc(hons), MBA, PhD	Associate Director-Gen. Med.	5' 07"
9304	16/06/96	MBBS, BSc(hons)	NHS	5' 07"
9305	04/12/86	LLB, PGCE	Teacher	5' 03"
9306	04/12/81	MSc Physics	Research Scientist	5' 09"
9307	16/09/96	Bsc Maths and Economics	Technical Business Analyst	5' 03"
9308	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9309	21/07/92	MDS	Dentist	5' 04"
9310	09/02/92	BSc Biomedical Science	Clinical Trials Data Manager	5' 05"
9311	28/01/94	BSc Biomedical Scicenc, BDS	Dentist	5' 00"
9312	28/08/92	BSc(hons),ACA Chartered Accountant	International Tax Advisor	5' 09"
9313	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9314	26/05/81	BSc,ACA(fellow)Chartered Accountant	Director of Policy	5' 04"
9315	12/06/84	BSc(hons),ACCA Chartered Account.	Senior Financial Analyst	5' 07"
9316	08/02/86	LLB, LLM	Lawyer	5' 06"
9317	05/06/96	MBBS	Junior Doctor(2nd year)	5' 08"
9318	05/09/92	BSc, MBBS	Doctor in Hospital	5' 06"
9319	05/08/95	Dentist	-	5' 03"
9320	27/02/86	BSc Business Info. & Technology	Systems Analyst	5' 04"
9321	16/09/93	MBChB(hons), BSc(hons)	Doctor	5' 03"
9322	09/08/95	LLB(hons) Law	Legal Advisor, Civil Service	5' 5½"
9323	03/01/78	6 GCSE A-C	Learning Support Assistant	5' 00"
9324	29/09/92	Graduated, CPL	-	5' 05"
9325	03/12/93	BSc(hons), ACCA	Management Accountant	5' 07"

9326	03/12/93	Degree(hons) Economics & Finance	Senior Credit Risk Analysis	5' 04"
9327	13/03/91	MBBS, BSc(hons)	NHS Hospital Doctor	5' 07"
9328	21/02/95	Deg. Finance/Accounting/Bus. Std.	working in Bank-Finance Dept	5' 04"
9329	03/07/93	MBBS, BMedSc	NHS Doctor	5' 06"
9330	12/11/83	Solicitor	Solicitor	5' 04"
9331	10/10/91	BSc Economics&Financa, ACCA	-	5' 04"
9332	25/11/93	DDS-Dentist	self employed	5' 08"
9333	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9334	10/07/86	MA	Teacher	5' 10"
9335	20/08/94	MBBS, BSc(hons)	Doctor	5' 05"
9336	01/03/88	MBBS Doctor	GP	5' 04"
9337	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9338	18/02/77	Masters	Learning & Development HSBC	5' 06"
9339	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9340	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9341	12/03/93	BDS(hons)	Dentist	5' 02"
9342	14/02/95	BSc(hons) Maths,PGDip Education	Teacher	5' 06"
9343	08/03/80	Degree Business & Marketing	Administrator in Law firm	5' 02"
9344	26/03/91	Mc Optom	Optometrist	5' 03"
9345	27/11/81	BSc Math & Management, ACA	Director	5' 06"
9346	21/05/84	CIPD Level 5	HR Assistant	5' 06"



Europe's Leading Safe Deposit Centre www.neelkanthsafedeposit.com

**GIVE HER THAT ONE GIFT THAT
WILL PROTECT ALL HER
PRECIOUS WEDDING JEWELLERY
INVEST IN ONE OF EUROPE'S SAFEST LOCKERS TODAY**

Don't let an untoward incident spoil your happiness keep all your jewellery and personal valuables in our state of the art secure lockers. After all why stress when you can have complete peace of mind. Call 020 8843 9020 for an appointment today

ENHANCED SECURITY COMPLETE PRIVACY AFFORDABLE & CONVENIENT

**NEELKANTH
SAFE DEPOSIT**



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥



One Universal Creator God, Realised By the Grace of |The True Guru

FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued.				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

Please note these regular Gurdwara Services are currently suspended, in compliance with the government requirements.

A&G WINDOWS LTD

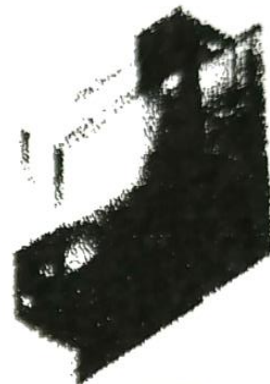
WE WILL BEAT ANY
WRITTEN QUOTATION
Trade enquiries welcome

FREE ESTIMATES THE QUALITY CONSERVATORY, WINDOWS AND DOORS COMPANY

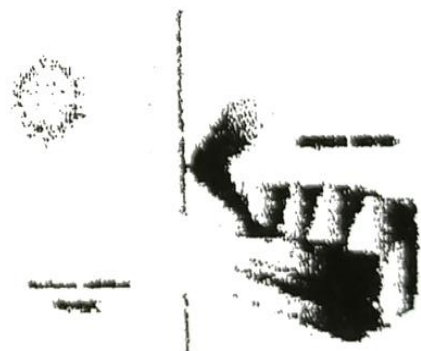
Manufacturers & Installers of Quality
Double Glazing, Door, Patio Doors,
Porches, Conservatories in PVC &
Aluminium

- Trade Prices
- Own Fitters
- Internally Glazed Windows
- 10 Year Guarantee
- Yale Door Locks
- Fitted Door from £460
- 28mm Glass Units
- Document L Cpmliant
- Espag Losks
- K-Glass
- 10 YEARS INSURANCE GUARANTEE

Unit 6, Derby Road
Hounslow, Middx., TW3 3UH
Tel: 020 8572 5567
Fax: 020 8577 0091



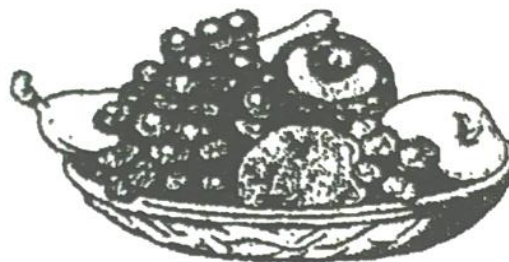
also provide window replacement and repair services



SINGH & CO VEG FRUIT LTD



Unit 89, Market Pavillion, 1 Sherrin Road,
New Spitalfield Market, Leyton, London E10 5SL
Tel: 020 8539 1166 - 020 8532 8231 - Fax: 020 8558 0470



GREEN STREET EXOTICS
10A CARLTON TERRACE
GREEN STREET
LONDON E7
TEL: 020 8503 4809